



## Heartsaver 1<sup>st</sup> Aid CPR/AED eLearning Course with Skills Practice/Testing Session [HSFACPRAED-2020e] Online Blended eLearning Program

This course is for non-healthcare providers who wish to complete their Heartsaver 1<sup>st</sup> Aid CPR/AED course completion using the American Heart Association Online Heartsaver 1<sup>st</sup> Aid CPR/AED eLearning Program with Hands-on Practice/Testing session.

### Includes:

- AHA Online access URL link (received immediately upon enrollment)
- Hand-on Skills Practice/Testing session with AHA Instructor
- American Heart Association Course Completion eCard

**Course Length:** Online Program (5-6 hours), Skills Practice/Testing Session is (2 hours)

### Location

- 25 Indian Rock Road, Suite 25 (The Commons Plaza) Windham, NH 03087

### 2020 Science Guidelines

- Updated to reflect new science in the 2015 American Heart Association Guidelines Update for CPR and ECC
- Designed to teach students the cognitive information needed for CPR and AED training
- Upon completion of the online portion, students must complete a hands-on session with one of our AHA instructors at our Training Center in Windham, NH.

### After successfully completing this course, students will be able to:

- List the priorities, roles, and responsibilities of the first aid rescuer
- Describe the key steps in first aid
- Remove protective gloves
- Find the problem
- Describe the assessment and first aid actions for the following life-threatening conditions: heart attack, difficulty breathing, choking, severe bleeding, shock, and stroke
- Use an epinephrine pen
- Control bleeding and bandaging
- Recognize elements of common injuries
- Recognize elements of common illnesses
- Describe how to find information on preventing illness and injury
- Recognize the legal questions that apply to first aid rescuers
- Describe how high-quality CPR improves survival
- Explain the concepts of the Chain of Survival
- Recognize when someone needs CPR
- Perform high-quality CPR for an adult
- Describe how to perform CPR with help from others
- Give effective breaths by using mouth-to-mouth or a mask for all age groups

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- Demonstrate how to use an AED on an adult
- Describe when and how to help a choking adult or child

### Product Specifications:

- Students have the convenience of completing the course at their own pace at work, home, or wherever Internet access is available
- Can be used for initial or renewal training
- Includes interactive exercises and videos to engage students and provide periodic points of knowledge transference
- Certificate of completion available to print when the online portion has been completed successfully
- Students have access to all information in the online portion for 24 months after activation of their key to help reinforce what they have learned.
- Includes audio and transcript for students who may have a hearing or visual disability
- Screen and text-sized options help meet diverse learning needs
- Navigation controls provide students with the flexibility to move easily through content and customize their learning experience.

### Technical Requirements:

- Processor:
  - Intel Pentium 4.1 GHz, PowerPC G5 1.8 GHz or
  - Intel Core Duo 1.33 GHz
- Operating Systems:
  - Laptop/PC: Windows XP (SP3), Windows 7, Windows 8
  - Tablets: Apple iOS 6/7/8, Android (4.1 KitKat, 5.0 Lollipop), Microsoft RT
- RAM
  - 2 GB minimum ( 4 GB recommended)
- Display
  - 1024 x 768
- Monitor
  - Supporting required resolution
- Color Resolution
  - 32 bit high color or higher
- Browser
  - Laptop/PC: Latest versions of Google Chrome (recommended), Internet Explorer 11, Edge, Firefox, Safari
  - Tablets: Chrome, Firefox, and Safari
- Plug-in
  - Flash 10.3 plug-in or higher for Internet Explorer
- Network
  - 2 Mbps minimum, LAN or T1 recommended

### Who Should Take This Course?

Companies with a workforce where 1<sup>st</sup> Aid CPR/AED training may prove invaluable for the safety of both their employees and customers (childcare workers, teachers, foster care workers, camp counselors, coaches, etc.). The general public that desires to be prepared for an emergency in any setting (parents, grandparents, babysitters and guardians).

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### **Course Delivery**

Blended Learning: Heartsaver blended courses include an online portion and a hands-on portion. The online portion can be completed at work, at home, or wherever you have internet access. The hands-on skills practice and testing session is conducted in-person with one of our AHA instructors.

### **Course Completion eCard (Electronic Card)**

Upon successful completion of the entire course, students receive an American Heart Association course completion eCard that is valid for two years. This eCard will be issued via email within 48 hours upon successful completion of the course (no waiting for card to arrive in the mail). We're excited to announce that students are now able to claim their eCard via SMS text! Students can opt to receive a text message to claim and view their eCard by texting "eCard" to the number "51736."

Lesson	Duration (in minutes)
<b>Adult CPR AED</b>	
Lesson 1: Adult CPR AED Introduction	9
Lesson 2: Adult CPR	28
Lesson 3: Use an AED (Adult)	8
Lesson 4: Adult CPR AED Conclusion	2
Lesson 5: Adult CPR and AED Skills Test	20
Lesson 6: Adult Choking	5
<b>Child CPR AED</b> (Optional; if teaching, add 41 minutes to course path duration)	
Lesson 1: Child CPR AED Introduction	9
Lesson 2: Use an AED (Child)	14
Lesson 3: Child CPR Skills Test	15
Lesson 4: Child Choking	3
Lesson 5: Conclusion (Delete if teaching Infant CPR)	2
<b>Infant CPR</b> (Optional; if teaching, add 37 minutes to course path duration)	
Lesson 1: Infant CPR Introduction	2
Lesson 2: Infant CPR	18
Lesson 3: Infant CPR Conclusion	2
Lesson 4: Infant CPR Skills Test	12
Lesson 5: Infant Choking	3
Lesson 6: Conclusion	2
Break	5
<b>First Aid</b>	
Lesson 1: Introduction	7
Lesson 2: First Aid Basics: Duties and Key Steps	23
Lesson 3: First Aid Basics Summary	2
Lesson 4: Medical Emergencies Summary	2
Lesson 5: Injury Emergencies Summary	2
Lesson 6: Preventing Illness and Injury; Legal Questions	2
Lesson 7: Conclusion	2

Every five years the American Heart Association publishes the most recent recommendations on cardiovascular care based on scientific studies. 10/21/20 was the most recent update. Educational Critical Care Concepts courses are taught in accordance with the latest updates.

The American Heart Association (AHA) strongly promotes knowledge & proficiency in BLS, ACLS, & PALS & has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for a course, except for a portion of fees needed for AHA course material; do not represent income to the Association.

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